

# Bike Safety

## Bicycle Trail Tips

### Be aware of your surroundings

- Walk, run, and ride confidently and look people in the eyes as you pass them. Carry a cell phone in case of emergency and don't travel in unfamiliar areas.

### Be Courteous

- All trail users should be respectful of other users regardless of their mode, speed, or level of skill.

### Be Predictable

- Always look behind before changing positions on the trail.
- Be consistent and predictable.

### Don't block the trail

- When in a group or with your pets, use no more than half the trail so you do not block the flow of other users.

### Keep right

- Stay as near to the right side of the trail as is safe, except when passing another user.



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## Bicycle Trail Tips

### Pass on the left

- Yield to slower and oncoming traffic. Use hand signals to alert those behind your movement. Pass with care and look behind you before you pass. Give audible warning before passing by voice, bell or horn.

### Be respectful of private property

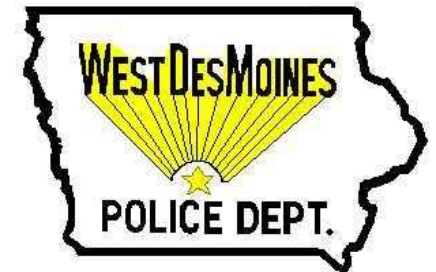
- Trails are open to the public, but often the land on the side of the trail is private property. Please respect all property rights.

[www.wdm-ia.com](http://www.wdm-ia.com)



West Des Moines Police Department  
West Des Moines, IA 50265  
(515) 222-3333

# Bike safety And Trail Safety



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## Bicycle Safety Tips

- Obey traffic signs and signals. Bicyclists should drive like other vehicles.
- Never ride against traffic.
- Always wear a helmet. Never wear headphones. It prevents you from hearing vehicles and other dangers.
- Don't weave between parked cars.
- Follow lane markings. Don't turn left from the right lane. Don't go straight in a lane marked "right turn only."
- Follow traffic devices and signs.
- Learn to look back over your shoulder without losing your balance or swerving. Some bicyclists use rear-view mirrors to know what is behind them.
- Do not pass vehicles on the right. Motorists may not look for or see a bicycle passing on the right.
- Keep both hands ready to break. You may not stop in time if you break one-handed. Allow extra distance for stopping in the rain, since breaks are less efficient when wet.



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## Bicycle Safety Tips

- Dress appropriate for the rain, the temperature, and time of day. Wear bright colored clothing so you are more visible to motorists.
- Use hand signals while riding. Hand signals tell motorists and pedestrians what you intend to do.
- Never assume motorists see you until you are sure that they do. Make eye contact with drivers.
- Avoid road hazards. Which include sewer grates, ice, gravel, or debris.
- Cross railroad tracks at right angles.
- Wear safety gear. Helmets, knee pads, elbow pads, and reflective wear.



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## Bicycle Safety Tips

- Use lights at night. The law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).
- Keep bike in good repair. Check tires and brakes regularly.

## BICYCLE HELMETS SAVE LIVES

While broken bones heal, a head injury can lead to death or permanent injury. According to the *Bicycle Safety Helmet Institute*, a very high percentage of cyclists' brain injuries can be prevented by a helmet, between 45 to 88 percent. Head injuries account for more than 60 percent of bicycle-related deaths. Non-helmeted riders are 14 times more likely to be involved in a fatal crash than helmeted riders.

